

SUNSMART POLICY

INTRODUCTION

This policy has been developed to ensure that all students and staff attending the College are protected from skin damage caused by the harmful ultraviolet radiation of the sun. Given that school hours are within the peak UV periods of the day, the College plays an important role in promoting and teaching sun and UV protection behaviours that benefit students throughout their lives.

Sun-safe practices should be implemented throughout the year but with particular emphasis in Term One and Term Four. At UV Level 3 or higher, sun protection is recommended for all skin types. In Victoria, UV levels are forecast to reach 3 or higher from mid-August to the end of April.

The sun protection measures listed in this policy are used for all outdoor activities during the daily local sun protection times. This policy is considered in the planning of all outdoor events such as camps, excursions and sporting events.

AIMS

- To increase student and community awareness of skin cancer.
- To assist students to develop strategies that encourage responsible decision-making about sun protection.
- To provide a safe school environment, which minimises harm from the sun.
- To encourage students, parents, teachers and staff to wear protective clothing, hats and sunscreen during high-risk times such as lunchtimes, sports, camps and excursions.

DEFINITIONS

Sun protection - a combination of strategies (clothing, hats, sunscreen, sunglasses and shade) to protect from UV radiation.

Sun protection times - a forecast by the Bureau of Meteorology for the time-of-day UV levels are predicted to reach 3 or higher (when sun protection is recommended for all skin types). In Victoria, UV levels typically reach 3 or higher daily from mid-August to the end of April. Sun protection times are available for various locations across Victoria, nationally and globally on the free SunSmart Global UV app.

Ultraviolet radiation (UV) - a type of energy produced by the sun and some artificial sources, such as solariums and collariums. UV can't be seen or felt. The sun's UV can reach you directly and also indirectly (reflected off different surfaces and scattered by particles in the air). At least 95% of skin cancers are caused by UV exposure.

IMPLEMENTATION

- Daily UV levels should be monitored by all staff. The Staff SharePoint site displays the SunSmart Victoria UV rating for each day, including a visual reminder to wear hats on days at or above Level 3.
- On extremely hot days (37°C or over), students will be kept inside during recess and lunchtime under the supervision of staff. Similarly, College events on extremely hot days of 37°C or over, should be postponed.
- Students will be actively encouraged to wear a broad-spectrum water-resistant sunscreen (SPF30-50+). Sunscreen will be provided in each classroom, and on excursions and camps.
- The Victory Christian College Board will provide adequate shade structures for students as practicable, particularly over high-density areas such as eating spaces and passive leisure locations. Temporary shade structures will be erected at Sporting and VRT events.
- The Principal will ensure that Ultraviolet Protection Factor (UPF) ratings are taken into consideration when setting the College Uniform.
- Risk assessments for excursions, camps and on-site events should include a sun exposure assessment.

Sun-Protective Clothing

- All students will be required to wear Anti-Cancer Council-approved close-weave broad-brimmed or bucket hats whenever they are outside during Terms One and Four in particular, and between mid-August and the end of April when the daily UV level reaches 3 or above.
- Students without approved school hats will be restricted to designated shaded areas.
- The College will ensure that school uniform broad-brimmed and bucket hats are available for purchase from the uniform supplier and from the Administration Office.
- Rash vests or t-shirts are required during water sport activities, and while students are waiting to compete in outdoor swimming competitions.
- Singlet tops and short shorts are not permitted on casual clothes days.
- Staff should ensure they wear a broad-brimmed hat when outdoors at work. This includes time on yard duty, in Physical Education classes, excursions and camps, and at outdoor College events. Staff should also model SunSmart behaviours where possible such as applying sunscreen regularly and seeking shade during student-related activities.

SunSmart Promotion and Education

- The College newsletter and school assemblies will be used to highlight and reinforce the SunSmart Policy.
- SunSmart activities and sun protection will form part of the Health and Physical Education curriculum at all year levels.

RELEVANT RESOURCES AND LEGISLATION

- [All About Sunscreen webinar](#), Dr Fabrizio Spada
- Cancer Council, <https://cancer.org.au/>
- Department of Education and Training, [Sun and UV Protection Policy Guidance](#)
- Education and Training Reform Act 2006
- [Noone Imagewear](#), 21 Queen St, Bendigo VIC 3550
- Occupational Health and Safety Act (Vic) 2004
- SunSmart Victoria, <https://www.sunsmart.com.au/>
- Victorian Institute of Teaching (VIT): [The Victorian Teaching Profession Code of Conduct](#) – Principle 3.2
- Victorian School Building Authority: [Building Quality Standards Handbook \(2024\)](#) – Section 1.5.5 Shade Areas
- WorkSafe Victoria, [Sun Protection](#)

RELATED POLICIES, PROCEDURES AND OTHER DOCUMENTS

- Camps and Excursions Policy
- College Handbook
- Risk Management Policy
- Staff Dress Code
- Staff Manual
- Student Diaries
- Uniform Policy